

# dōTERRA *notes diffusa*

Independent Product Company

*Refined oil / everything essential, no*

## + FAMILY PHYSICIAN<sup>®</sup> KIT

for proactive family health!

*French*



\* *For Sun burn*

**Lavender** For Calming and Stress Reduction

- + From the high altitudes of France
- + Relieves stress, anxiety, and insomnia—Diffuse (mist or disperse) into air and inhale; massage on skin
- + Takes the pain out of a bee sting—Apply on location
- + Soothing to skin irritations and burns—Apply on location

*Calming to feet of pets & babies*

**Lemon** For Cleansing and Mood Elevation

*Behind ear lobes*

- + From Italy
- + Natural antioxidant and detoxifier—Take with water or in capsules
- + Natural cleansing agent—Apply on location
- + Elevates your mood—Diffuse and inhale

\* *diffuser & insect repellent*

**Peppermint** For Indigestion and Cooling

- + From Washington, USA
- + Relieves headaches—Apply on temples, forehead, or back of neck
- + Calming to upset stomach—Take in capsules, or apply on stomach
- + Helps increase energy—Diffuse and inhale
- + Cooling—Mist on body, or apply on forehead; diffuse and inhale

\* *hot flashes (cotton balls in baggie for vents of car)*

**Melaleuca** For Soothing and Healing Skin

- + From Australia
- + Can be used as a first aid ointment—Apply on location
- + Use for skin irritations like athlete's foot—Apply on location
- + Beneficial for hair and scalp—Add to shampoo or conditioner

\* *Tea tree oil, good for poison ivy.*

\* **Oregano** For Immune System Support

- + From Turkey
- + Naturally supports the immune system—Take several drops in capsules for periodic immune system boosts
- + Works as a natural defense—Apply to bottoms of feet

\* *garlic in your feet & you will taste it! large pores on feet.*

*peppermint & frankincense for breathing*  
**Frankincense** For Inflammation and More

- + From Oman
- + Helps reduce inflammation—Apply on location; take in a capsule
- + Helps relieve headaches—Apply with peppermint and lavender
- + Supports immune function—Massage on feet; take in a capsule
- + Use frankincense when in doubt

\* *Skin irritation*

**Deep Blue<sup>®</sup>** For Muscle and Joint Health

- + Helps relieve muscle and joint pain—Apply on location
- + Contains blue tansy and helichrysum, which can help support long term muscle, joint, and bone healing
- + Use before and after working out—Apply on muscles and joints



*Muscle pain (inflammation) reduce*

**Breathe** For Respiratory Support

- + Relaxes the body and mind—Diffuse at bedtime for a more restful sleep
- + Use during allergy season—Apply to the chest area to help clear the lungs and sinuses of congestion
- + Ideal for those with asthma—Diffuse and inhale; apply to the chest and sinuses



**DigestZen<sup>®</sup>** For Natural Digestive Support

- + Relieves digestive discomforts such as food poisoning, acid reflux, nausea, constipation, or diarrhea—Apply on the stomach area; take in a capsule
- + Helps support digestive function—Apply on stomach area (or on bottoms of feet for children); take in a capsule



**On Guard<sup>™</sup>** For Natural Immune Defense

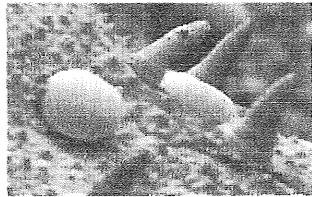
- + Stops the growth of viruses and bacteria—Diffuse; apply on location
- + Contains oils shown to inhibit MRSA (antibiotic resistant staph bacteria)
- + Helps kill airborne pathogens—Diffuse
- + Helps knock out colds and sore throats—Swallow one drop (alone or with water), or take in a capsule



FDA Disclaimer: These statements have not been evaluated by the FDA. The products described herein are not intended to diagnose, treat, cure, or prevent any disease. Supporting literature can be found in the book Modern Essentials. The book and additional copies of this flyer can be obtained from [AromaTools.com](http://AromaTools.com) ©2010

### WHAT ARE ESSENTIAL OILS?

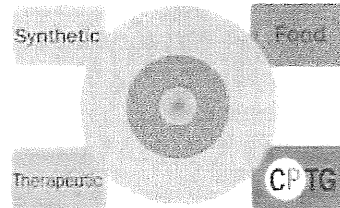
- Extracts from plants
- Highly concentrated
- 50 to 70 times more powerful than herbs



- Wide range of uses, from cosmetics to foods to natural health solutions
- Often the inspiration for synthetically produced pharmaceutical products

#### 100% NATURAL

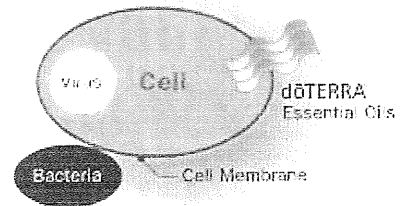
- A natural way to take care of our health used by ancient cultures
- Similar properties to synthetic drugs with no side effects



**CPTG** Certified Pure Therapeutic Grade

#### THEY KILL VIRUSES & BACTERIA

- Antiseptics cannot penetrate cell membrane
- Essential oils CAN penetrate cells to kill viruses and bacteria



#### PLANT SOURCES MATTER

- Plants must be sourced from their native (indigenous) growing region
- Rigorous testing assures the presence of desired therapeutic qualities
- Testing guarantees absence of toxins, contaminants, microorganisms
- Purity of oils guarantees no negative side effects or drug interactions

### 3 ESSENTIAL OIL USES:

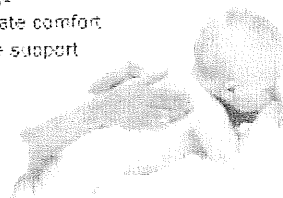
#### AROMATIC

- Affect's mood
- Cleanse air
- Open airways



#### TOPICAL

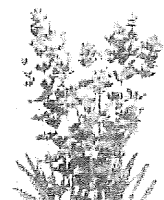
- Works fast!! Enters the blood stream within 30 seconds
- Systemic, localized effects
- Massage
- Immediate comfort
- Immune support



#### INTERNAL

- Detoxifies the body
- Digestive system
- Mouth
- Throat
- Liver
- Urogenital tract

### ESSENTIAL OILS



#### LAVENDER

- All Things Calming
- Diffuse in a room or apply topically to calm anxiety and soothe emotions
  - Apply topically to irritated skin and lips
  - Massage on back or bottom of feet and apply a drop to pillow at bedtime
  - Apply immediately to help calm reaction to a bee sting or bite



#### LEMON

- Clean and Freshen
- Add a drop to honey to soothe a dry or sore throat
  - Diffuse in a room to neutralize odors and elevate mood
  - Use to clean kitchen counters and stainless steel appliances
  - Take internally with water as an antioxidant and detoxifier



#### PEPPERMINT

- Soothe and Invigorate
- Use with Lemon in water for a healthy, refreshing mouth rinse
  - Inhale deeply to invigorate the lungs and increase alertness
  - Add to water in a spray bottle and mist body when overexerted
  - Apply to neck and forehead with Lavender to calm headache



#### MELALEUCA

- First Aid for the Skin
- Apply to skin blemishes and washes as part of a daily cleansing program
  - Use with shampoo or conditioner for a healthy scalp and hair
  - Apply to feet and toenails after showering, swimming or working out



#### FRANKINCENSE

- Use to clean and dress minor cuts, bites and sores
- Apply to neck and forehead with lavender and Peppermint to help calm stress and headaches
- Apply to the bottom of the feet or take internally as capsules to support immune function
- Use aromatically and topically to help lift mood and awareness



#### DEEP BLUE

- Muscle and Joint Support
- Apply directly to tired, aching joints
  - Rub on muscles before and after exercise to reduce discomfort
  - Use with carrier oil for a therapeutic deep tissue massage



#### ON GUARD

- Natural Defense
- Dilute and gargle morning and night for a protective mouth rinse
  - Take several drops in an empty gelatin capsule for added immune support
  - Dilute in a spray bottle to clean door knobs, telephones and other community surfaces
  - Diffuse in a room to inhibit airborne pathogens

# dōTERRA®

## ESSENTIAL OIL BLENDS

### Quick Reference Chart

	APPLICATION			SKIN SENSITIVITY			ORDER #	RETAIL
	AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE		
<b>AROMATOUCH®</b> <i>Massage Blend</i> <i>(cypress, marjoram, peppermint, basil, grapefruit, lavender)</i>		T		N			3120	\$34.67
<b>BALANCE</b> <i>Grounding Blend</i> <i>(spruce, rosewood, frankincense and blue tansy in a base of fractionated coconut oil)</i>	A	T		N			3101	\$26.67
<b>BREATHE</b> <i>Respiratory Blend</i> <small>top seller</small> <i>(laurel leaf, peppermint, eucalyptus radiata, ravensara, melaleuca alternifolia, lemon)</i>	A	T			S		3107	\$26.67
<b>CITRUS BLISS</b> <i>Invigorating Blend</i> <i>(wild orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine with vanilla absolute)</i>	A	T		N			3102	\$20.00
<b>CLEAR SKIN</b> <i>Topical Blend</i> <i>(black cumin seed oil, and rosewood, melaleuca, eucalyptus, geranium, lemongrass essential oils)</i>		T		N			3717	\$28.00
<b>DEEP BLUE®</b> <i>Soothing Blend</i> <small>top seller</small> <i>(wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, osmanthus)</i>		T			S		3105	\$42.67
<b>DIGESTZEN®</b> <i>Digestive Blend</i> <small>top seller</small> <i>(ginger, peppermint, tarragon, fennel, caraway, coriander, anise)</i>	A	T	I	N			3103	\$41.33
<b>ELEVATION™</b> <i>Joyful Blend</i> <i>(lavandin, tangerine, elemi, lemon myrtle, melissa, ylang ylang, osmanthus, sandalwood)</i>	A	T		N			3104	\$49.33
<b>IMMORTELLE</b> <i>Anti-Aging Blend</i> <i>(frankincense, sandalwood, lavender, myrrh, helichrysum and rose)</i>		T		N			3714	\$92.67
<b>INTUNE™</b> <i>Focus Blend</i> <b>new!</b> <i>(amyris, patchouli, frankincense, lime, ylang ylang, sandalwood (Hawaiian), Roman chamomile )</i>	A	T		N			4184	\$46.00
<b>ON GUARD®</b> <i>Protective Blend</i> <small>top seller</small> <i>(wild orange, clove, cinnamon, eucalyptus radiata, rosemary)</i>	A	T	I		S		3110	\$42.67
<b>PASTENSE®</b> <i>Tension Blend</i> <i>(wintergreen, lavender, peppermint, frankincense, cilantro, marjoram, Roman chamomile, basil, rosemary)</i>	A	T		N			3135	\$24.67
<b>PURIFY</b> <i>Cleansing Blend</i> <i>(lemon, lime, pine, citronella, melaleuca alternifolia, cilantro)</i>	A	T		N			3106	\$24.00
<b>SERENITY</b> <i>Calming Blend</i> <i>(lavender, sweet marjoram, Roman chamomile, ylang ylang, sandalwood with vanilla bean extract)</i>	A	T		N			3109	\$40.00
<b>SLIM &amp; SASSY®</b> <i>Metabolic Blend</i> <small>top seller</small> <i>(grapefruit, lemon, peppermint, ginger, cinnamon)</i>	A	T	I		S		3137	\$32.67
<b>SOLACE™</b> <i>Monthly Blend for Women</i> <i>(clary sage, lavender, bergamot, Roman chamomile, cedarwood, ylang ylang, geranium, fennel, carrot seed, palmarosa Guatemala, vitex)</i>	A	T		N			3527	\$32.67
<b>TERRASHIELD®</b> <i>Repellent Blend</i> <i>(a proprietary blend of 15 certified pure therapeutic-grade essential oils in a base of pure fractionated coconut oil)</i>	A	T		N			3119	\$12.67
<b>WHISPER™</b> <i>Blend for Women</i> <i>(patchouli, bergamot, sandalwood, cinnamon, vetiver, ylang ylang with absolutes of rose, jasmine, cistus, cocoa and vanilla)</i>	A	T		N			3108	\$32.00
<b>ZENDOCRINE®</b> <i>Detoxification Blend</i> <i>(clove, grapefruit, rosemary, geranium)</i>	A	T	I		S		3146	\$32.67

**APPLICATION METHODS** **A** Can be used aromatically **T** Can be used topically **I** Can be used internally  
**SKIN SENSITIVITY** **N** Can be used topically with no dilution (NEAT) **S** Dilute for young or sensitive skin (SENSITIVE) **D** Dilute before using topically (DILUTE)

*mood balancing kit*

## SINGLE ESSENTIAL OILS

### Quick Reference Chart

	APPLICATION			SKIN SENSITIVITY			ORDER #	U.S. RETAIL
	AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE		
BASIL <i>Ocimum basilicum</i>	A	T	I	N			3001	\$26.67
BERGAMOT <i>Citrus bergamia</i>	A	T	I		S		3079	\$36.67
BLACK PEPPER <i>Piper nigrum</i> <b>new!</b>	A	T	I		S		4104	\$29.33
CASSIA <i>Cinnamomum cassia</i>	A	T	I			D	3002	\$25.33
CILANTRO <i>Coriandrum sativum</i> <b>new!</b>	A	T	I	N			4185	\$34.67
CINNAMON <i>Cinnamomum zeylanicum</i>	A	T	I			D	3003	\$28.00
CLARY SAGE <i>Salvia sclarea</i>	A	T	I	N			3042	\$48.67
CLOVE BUD <i>Eugenia caryophyllata</i>	A	T	I			D	3004	\$18.67
CORIANDER <i>Coriandrum sativum</i>	A	T	I	N			3078	\$34.67
CYPRESS <i>Cupressus sempervirens</i>	A	T		N			3005	\$20.67
EUCALYPTUS <i>Eucalyptus radiata</i>	A	T			S		3006	\$18.67
FENNEL, SWEET <i>Foeniculum vulgare</i>	A	T	I		S		4129	\$20.00
FRANKINCENSE <i>Boswellia frereana</i> <small>top seller</small>	A	T	I	N			3007	\$93.00
GERANIUM <i>Pelargonium graveolens</i>	A	T	I		S		3009	\$36.00
GINGER <i>Zingiber officinale</i>	A	T	I		S		3008	\$38.67
GRAPEFRUIT <i>Citrus X paradisi</i>	A	T	I	N			3010	\$21.33
HELICHRYSUM <i>Helichrysum italicum</i>	A	T		N			3041	\$100.00
LAVENDER <i>Lavandula angustifolia</i> <small>top seller</small>	A	T	I	N			3011	\$28.00
LEMON <i>Citrus limon</i> <small>top seller</small>	A	T	I	N			3012	\$13.33
LEMONGRASS <i>Cymbopogon flexuosus</i>	A	T	I		S		3013	\$13.33
LIME <i>Citrus aurantifolia</i>	A	T	I		S		3087	\$17.33
MARJORAM <i>Origanum majorana</i>	A	T	I	N			3014	\$25.33
MELALEUCA <i>Melaleuca alternifolia</i> <small>top seller</small>	A	T	I	N			3015	\$25.33
MELISSA <i>Melissa officinalis</i>	A	T	I	N			3085	\$153.33
MYRRH <i>Commiphora myrrha</i>	A	T	I	N			3016	\$69.33
OREGANO <i>Origanum vulgare</i> <small>top seller</small>	A	T	I			D	3018	\$32.00
PATCHOULI <i>Pogostemon cablin</i>	A	T	I	N			3089	\$39.33
PEPPERMINT <i>Mentha piperita</i> <small>top seller</small>	A	T	I		S		3019	\$27.33
ROMAN CHAMOMILE <i>Anthemis nobilis</i>	A	T	I	N			3080	\$44.00
ROSEMARY <i>Rosmarinus officinalis</i>	A	T	I	N			3020	\$18.67
SANDALWOOD <i>Santalum album</i>	A	T	I	N			3021	\$82.33
THYME <i>Thymus vulgaris</i>	A	T	I			D	3022	\$36.67
VETIVER <i>Vetiveria zizanioides</i>	A	T	I	N			3043	\$46.00
WHITE FIR <i>Abies alba</i>	A	T		N			3025	\$26.67
WILD ORANGE <i>Citrus sinensis</i> <small>top seller</small>	A	T	I	N			3017	\$14.00
WINTERGREEN <i>Gaultheria procumbens</i>	A	T			S		3023	\$21.33
YLANG YLANG <i>Cananga odorata</i>	A	T	I	N			3024	\$47.00

APPLICATION METHODS: A Can be used aromatically, T Can be used topically, I Can be used internally

SKIN SENSITIVITY: N Can be used topically with no dilution (NEAT), S Dilute for young or sensitive skin (SENSITIVE), D Dilute before using topically (DILUTE)